

WADENA-DEER CREEK CLASSROOM AND HEADSTART
MARCH BREAKFAST AND LUNCH MENU

Students eat FREE!

1%, and fat free milk choices offered daily. Lactose free milk is available with written request from parents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Cereal, fruit Bosco stick, marinara sauce, 1/4c Fruit, 1/4c vegetable,	3 Banana bread slice, fruit Cheeseburger/bun, 1/4c Fruit, 1/4c vegetable	4 Cheese omelet, ½ slice toast, fruit 10 pcs Popcorn chicken, ½ slice buttered bread, 1/4c Fruit, 1/4c vegetable	5 3 French toast sticks, syrup, fruit Hot ham & cheese on bun, 1/4c Fruit, 1/4c vegetable
9 Cereal, fruit Corn dog, 1/4c Fruit, 1/4c vegetable	10 Pumpkin bread slice, fruit 1/3 c Pulled pork/bun, 1/4c Fruit, 1/4c vegetable	11 Egg patty, 1/2 slice toast, fruit Cheese quesadilla, 1/4c Fruit, 1/4c vegetable	12 3 French toast sticks syrup, fruit 2 Breaded chicken tenders, 1/4c Fruit, 1/4c vegetable
16 Cereal, fruit Breaded chicken patty/bun, 1/4c Fruit, 1/4c vegetable	17 Mini breakfast loaf, fruit Pizza crunchers, 1/4c Fruit, 1/4c vegetable	18 Cheese omelet, ½ slice toast, fruit Walking taco, taco sauce, Fruit, vegetable	19 3 French toast sticks, syrup, fruit 2 oz pasta with 1/3c Chicken in 2 oz alfredo sauce, 1/4c Fruit, 1/4c vegetable
23 Cereal, fruit Hot dog/bun, ketchup, mustard 1/4c Fruit, 1/4c vegetable	24 Banana bread slice, fruit 1/3 c Orange chicken & 1/4c rice, 1/4c Fruit, 1/4c vegetable	25 Egg patty, ½ slice toast, fruit 1/3 c sloppy Joe/bun, 1/4c Fruit, 1/4c vegetable	26 3 French toast sticks, syrup, fruit 2 oz pasta with meat sauce, ½ slice buttered bread, 1/4c Fruit, 1/4c vegetable
30 Cereal, fruit Bosco stick, marinara sauce, 1/4c Fruit, 1/4c vegetable	31 1 Pumpkin bread slice, fruit Cheeseburger /bun ¼ c Fruit, vegetable	April 1 Cheese omelet, 1/2 slice toast, fruit 10 pcs Popcorn chicken, ½ slice buttered bread, 1/4c Fruit, 1/4c vegetable	April 1 3 French toast sticks, syrup, fruit Hot ham & cheese on bun, 1/4c Fruit, 1/4c vegetable

This institution is an equal opportunity provider